

A 15 STEP GUIDE TO CHOOSING AN ADDICTION TREATMENT FACILITY

Addiction is more than just a physical or psychological need for a substance. It's a condition that kills people, tears families apart, bankrupts people and ruins lives.

Statistically, an addict has only 15 to 20 years left to live after they become addicted, and every day without rehabilitation brings an addict closer to death.

However, with the help of a comprehensive treatment program, recovery is not only possible, but it's a very likely outcome.

A UNIQUE ADDICTION TREATMENT GUIDE

Here are 15 steps that can help you to come to terms with your addiction and get the help that you need. Rehab is a big commitment, so it's important to make sure it fits your needs. Not all rehab facilities are created equal, nor do they offer the same services and amenities. Picking the right center will give you a much better chance at success and a fresh start on life.



DelrayRecoveryCenter
ADDICTION TREATMENT PROVIDERS

1

Determine the drug(s) for which you are seeking treatment.

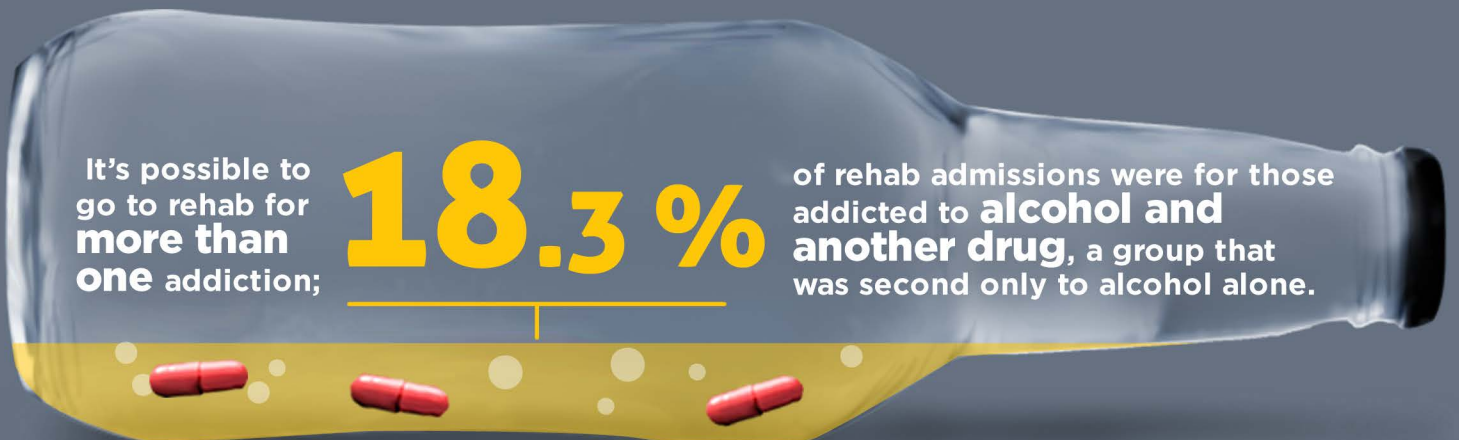
Some people are able to use drugs in a recreational way and never get addicted. Unfortunately, there are many more people that become slaves to their substances of choice. Although some drugs have the perception of being less addictive than others, the fact remains that any substance can be addictive.

Look at your own life and figure out which substances are the ones you can't turn down, the ones you couldn't do without. It's possible to go to rehab for more than one addiction; 18.3% of rehab admissions were for those addicted to alcohol and another drug, a group that was second only to alcohol alone. It's important to figure out exactly what your problem is before you seek help so that you are properly treated.

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2

Consider your goals in the addiction treatment process.



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The main reason why people go to rehab is to get clean. But there are so many more things that can be achieved through drug and alcohol rehab. At its core, rehab is a place to shed addiction and all the negative things that come with it; behind that is a person who simply lost his or her

What would you like to achieve through rehab?

Do you want to find an outlet for your feelings?

Do you want to learn new ways to approach familiar problems?

Do you want to take the first steps towards starting a new career?

The possibilities for rehab are endless, but in order to make the most of your time in treatment, you should decide what you want out of rehab before you enter the facility.

3

Determine if you have a spiritual or religious preference in treatment.



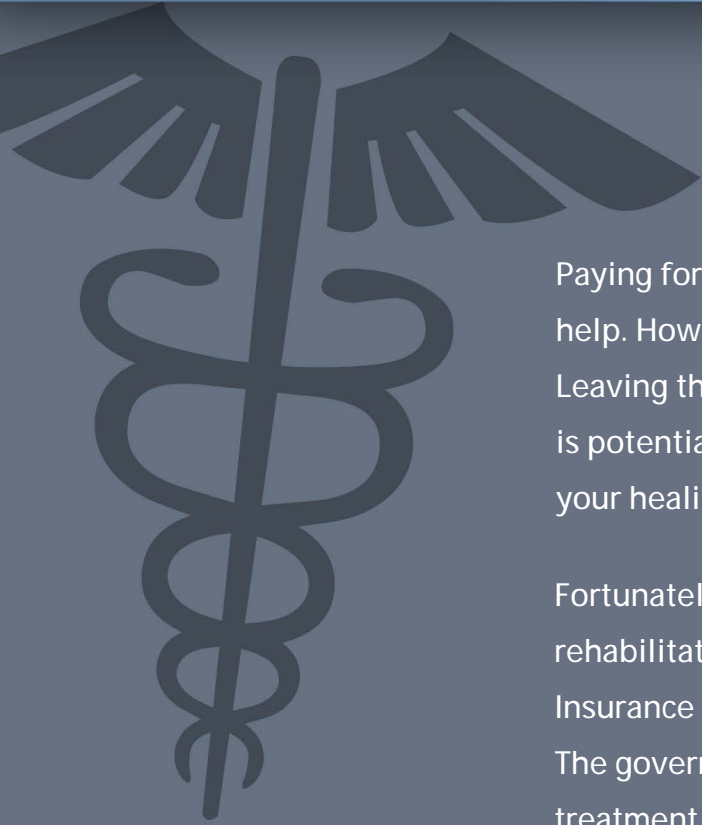
The use of spirituality in treatment goes back to the creation of the 12 steps in 1939 and has been part of many treatment programs ever since. However, not everybody wants to incorporate religion in their recovery.

Though it may be easy to assume otherwise, religious references in rehab are not easy to ignore. A non-religious person who constantly hears about how a higher power is making their recovery possible may end up tuning out on the message and having a less effective recovery. Secular rehab facilities exist for those people who do not wish to have a spiritual component in their rehabilitation.

While it's impossible to tell ahead of time what methods will work for which people, it's advisable to figure out which type of treatment you prefer. There's no right or wrong answer, but it's something you're better off deciding ahead of time.

4

**Does the facility
accept your insurance?
If not, will they work with
you on a payment plan?**




Paying for rehab is the least of your worries as you attempt to get help. However, it's a necessary component of starting your recovery. Leaving the financial end of your treatment to chance means there is potential for difficulty down the line that could potential derail your healing.

Fortunately, there are plenty of options available. Many rehabilitation facilities accept most major insurance carriers. Insurance carriers generally pay a portion of rehab costs, but not all. The government, for example, pays for 77 percent of the cost of treatment through its Medicare and Medicaid programs. Private insurance generally pays less than government funded insurance plans.

Most rehab facilities offer payment plans to make the remaining costs more manageable. In fact, some facilities are willing to finance the full cost of rehabilitation because they know how important it is that people receive the necessary help immediately. It's a very good idea to make sure a payment plan is an option before committing to a facility.

5

Check to see if the facility is run by state-accredited, licensed, and trained professionals.



Some counselors are **former addicts** who want to use their experiences to help others.

Whether or not you can get full coverage for your rehabilitation, you'll want to make sure you're getting the best care possible. Check the website of each facility you're considering and review the page that lists the facility's counselors and staff. Make sure the personnel is reputable before committing to the facility.

Although you'll mainly be checking for certifications and accreditations, be aware that not all drug counselors have the highest level of certification attainable.

Some counselors are former addicts who want to use their experiences to help others. In any event, counselors aren't in it for the money — the average salary for rehab counselors is \$18 an hour — but their main goal is helping people turn their lives around.

6

Find a clean, well organized and competently run treatment facility.



No matter what your goals for rehab may be, there are a few basics that have to be in place for you to be successful. It has to be a nice facility run by top-notch staff with a track record of success. Of course, these traits can be hard to judge as an outsider who's never been to rehab.

It's not a bad idea to ask others for advice regarding which facility to choose, particularly those who have already been through the process. Any facility will put their best face forward if you show interest in attending, but some insight as to what happens behind the scenes is often necessary to give you peace of mind. It's the little day-to-day things that will make or break your decision.

7

Determine if the facility will assist in all your needs.

Most rehab centers support treatment for dual diagnosis, which is substance abuse in addition to mental illness.

Rehab isn't simply about curing yourself of your addictions. It's about improving every aspect of your life. Though most people associate treatment with drugs and alcohol, cases in which there are no problems associated with substance abuse are extremely rare. These problems range from underlying reasons for substance abuse to issues that developed as a result of drug or alcohol use.

Most rehab centers support treatment for dual diagnosis, which is substance abuse in addition to mental illness. Even if you don't think you require this type of treatment, it's advised to choose a facility that offers dual diagnosis treatment, as the counselors at the facility may uncover symptoms of dual diagnosis. Some facilities also offer legal and spiritual support, so check into these if they'll be critical to your post-rehab life.

8

Check to see if the treatment facility addresses sexual orientation and physical disabilities as well as provides age and or gender treatment services if needed.

Nearly

30%

of people who check into rehab are under 30.

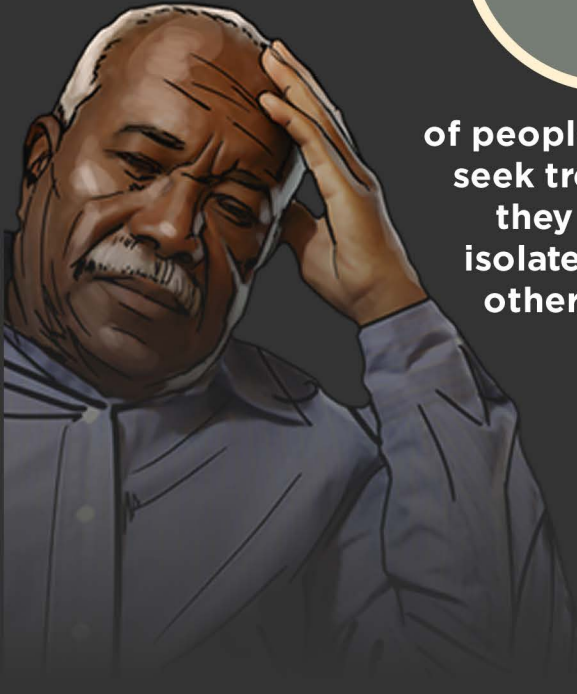
This could be problematic for the

1.2%

of people 60-64 who seek treatment, as they may feel isolated from the other patients.

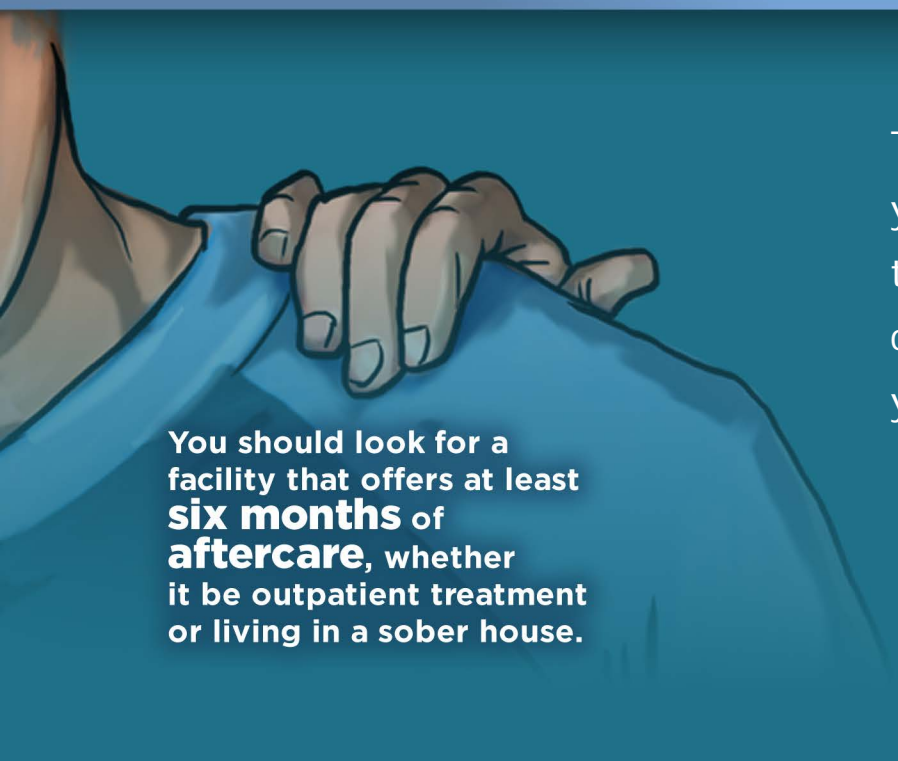
It's not uncommon for treatment facilities to incorporate unconventional activities into their programs. Exercise is a component of many rehabilitation programs, and some facilities use activities such as yoga, sports and horseback riding as ways to help patients get centered and develop a new sense of personal pride.

However, those who are disabled would quickly become alienated from these activities, which is not in the spirit of treatment. Check with the treatment facilities on your list to make sure they can accommodate any physical ailments you may have and make sure you feel included in the activities offered. It's also wise to check on any other characteristics that make you unique, such as sexual orientation.



9

Find a facility that
long-term aftercare support
and/or guidance is
encouraged and provided.



You should look for a
facility that offers at least
six months of
aftercare, whether
it be outpatient treatment
or living in a sober house.

Treatment shouldn't end the moment
you leave a rehab facility. The ideal
treatment center offers a long-term
care plan that will keep you on track as
you re-enter society.

This long-term program can last for months or longer, with the idea being that you can
work with counselors and other patients as you encounter the challenges that may
have led you to initially embrace drugs or alcohol.

You should look for a facility that offers at least six months of aftercare, whether it be
outpatient treatment or living in a sober house. This is the best way to transition back
into the daily grind, which may look totally different after going through treatment.



10

Make sure there is an ongoing assessment of your treatment plan to ensure it meets any changing needs.

Look for a facility that offers treatment plans that are **fully customized** to the individuals that receive treatment.

There are no two drug addicts with the same story. As such, there should be no two treatment plans that are identical. A treatment facility with a boilerplate plan for rehabilitation is one that is to be avoided. Treatment is rarely a linear path, and it should not be treated as such by a rehab facility.

Look for a facility that offers treatment plans that are fully customized to the individuals that receive treatment. These plans should also be modifiable as treatment progresses and certain methods receive a better response than others. People come to rehab to change, and the rehab itself should be able to change along with the individual.

11

Determine if the facility employs strategies to engage and keep you in a longer-term treatment, increasing your success rate.

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**28-day
commitment.**

It's commonly believed that attending a treatment facility is a 28-day commitment. However, in many cases, the physical and mental rehabilitation that takes place in treatment requires more than just a month to fully transpire. It's common for treatment facilities to offer long-term care on an inpatient basis for those who need it, or for those who simply don't feel they're ready to leave the center.

You should look for two main things. First, make sure there is an option for a longer term of inpatient treatment that is available if you end up needing it. Second, verify that this option isn't a cut-and-dry deal. That is, make sure there is a system in place to determine who really needs the extra care. While rehab centers should always operate with the patient's best interests at heart, it's not inconceivable that a facility could keep a patient longer just to collect more money. Search the Web, make some phone calls and ask around to make sure this decision is made properly and with the right intentions.

12

Choose a facility that offers counseling (individual and group) and other behavioral therapies to enhance your ability to function among family and community.



At minimum, both individual and group therapy must be included.

Additionally, therapies such as art & exercise can help to bring out some of the root causes of addiction, helping to bring out of the underlying issues that cause people to relapse.

The entire goal of rehab is to acquire the tools necessary to succeed in all areas of life while avoiding the temptation to use drugs or alcohol. Imparting these tools isn't easy, though, because each individual responds to treatment differently and must be approached in a unique way. While it may be easy for someone to stay on track while in private, they can quickly become derailed in social situations or around unfamiliar people. Case in point, studies show that women relapse less frequently than men because they are more inclined to participate in group therapy.

The best rehab centers are those that incorporate a wide variety of treatment methods and behavioral therapies to help people learn how to handle different situations. At minimum, both individual and group therapy must be included. This helps people learn how to talk about their afflictions in front of multiple people, something that will almost definitely be required, particularly if the person had to take a leave of absence from work or family.

Additionally, behavioral therapies such as art and exercise can help to bring out some of the root causes of addiction, helping to bring out of the underlying issues that cause people to relapse. The ideal program has many such activities, all geared towards giving a well-rounded and complete program to those in need.

13

Make sure the facility offers medication as part of the treatment regimen if needed.



It may sound counter-productive to treat an addiction to drugs or alcohol with medication. However, in the detoxification phase, this is often necessary. For example, in the case of heroin addiction, the first two to three days of withdrawals are so excruciating that many people end up relapsing instead of continuing with treatment. Methadone is often used as a replacement for heroin in order to satisfy cravings in a safe and controlled manner. Once these initial withdrawals pass, it is much easier for patients to embrace their recovery.

Not everyone needs medication in their treatment, but it's important to make sure it's available as an option if necessary. Make sure the center you're thinking of choosing has everything you need in order to facilitate a successful recovery.

14

Find out if there is ongoing monitoring of possible relapse to help guide you back to abstinence, including

Drug rehab is successful from

50%
TO
70%

of the time, meaning that relapse does happen.

In a perfect world, everyone who attends drug or alcohol rehabilitation would be able to return to their former lives with no repercussions. Unfortunately, this isn't the case in reality. Drug rehab is successful from 50 to 70 percent of the time, meaning that relapse does happen. However, the rate of relapse is in line with those of Type 1 diabetes, asthma and hypertension. Instead of treating relapse as a failure, the proper support must be in place to help people who relapse so that they don't slip again in the future.


Most rehab facilities have programs in place to keep tabs on former patients and help them in the event of a relapse. As is the case with other afflictions with similar relapse rates, treatment centers welcome back relapsers with open arms and try to identify what happened. This support is priceless and goes well beyond what one initially pays for treatment, and the inclusion of a relapse prevention/treatment program is an absolute must when choosing a facility.

15

Ensure that services are available to your family to help them understand your addiction and the process to

The support of family and friends can make or break the chances of an individual's recovery from addiction. Though addicts don't often realize it, the reverse of this is also true.

Watching a loved one descend into drug or alcohol addiction is extremely painful, and the family of an addict is usually very motivated to help that person to recover. However, they often aren't quite sure what they can do.



Without the support of family, the difficult process of beating drug or alcohol addiction becomes even tougher.

Delray Recovery Center in Delray Beach, Florida is one center that meets all of these points. Delray Recovery Center offers licensed counselors, many behavioral treatment methods and activities, relapse prevention, a medically supervised detoxification and help with accompanying disorders. Delray Recovery Center accepts most major insurance plans and can work with those who need additional assistance.

COUNT ON US

A good rehab center like Delray Recovery Center, incorporates the family into the recovery by allowing them access in many ways. Not only are typical visits welcome and encouraged, but family members can also participate in therapy sessions. This helps family members deal with their own issues that have come up by watching addiction take hold; it also gives the patient additional motivation to beat his or her demons. Furthermore, the family should also be educated in the process of rehabilitation, and they should be able to know exactly what is happening with their loved one at any moment.

Without the support of family, the difficult process of beating drug or alcohol addiction becomes even tougher. Make sure your chosen rehab facility offers family members to get involved in your treatment and help you to improve your life.

LET DELRAY RECOVERY CENTER HELP TODAY

There are thousands of treatment centers in the United States, and all of them are different in some way. Delray Recovery Center in Delray Beach, Florida is one center that meets all of these points. Delray Recovery Center offers licensed counselors, many behavioral treatment methods and activities, relapse prevention, a medically supervised detoxification and help with accompanying disorders. Delray Recovery Center accepts most major insurance plans and can work with those who need additional assistance.

Being alone and in need of help is a scary place, but Delray Recovery Center can make recovery from addiction a reality. Take the first steps towards a new lease on life and contact Delray Recovery Center today.



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